



Sweet Potato Muffins

Who doesn't love muffins, but have you ever tried savoury ones? Well, this is a 'healthy' recipe that has a great texture and taste. Perfect for breakfast, lunch or an anytime snack. Best served warm, but they are easy to heat up again next day, in a few minutes. I love them with Chilli Jam :o)

Ingredients

- 600g sweet potatoes
- 4 spring onions
- 2 red chillies
- 100g crumbled feta cheese
- 6 large eggs
- 40g grated Parmesan (or similar)
- 300g wholemeal self-raising flour
- 2 tbsp mixed seeds, or use sunflower and poppy seeds

Method

1. Preheat the oven to gas 6, 200°C, fan 180°C. Line a 12-hole muffin tin with muffin cases and lightly wipe their insides with oiled kitchen paper. Peel 600g sweet potatoes and coarsely grate into a large bowl.
2. Trim and slice 4 spring onions and 1 red chilli and add to the bowl along with 100g crumbled feta cheese.
3. Mix in 6 large eggs and 20g grated hard cheese or Parmesan.
4. Sift over 300g wholemeal self-raising flour and mix well.
5. Divide the mixture evenly between the 12 muffin cases. Slice 1 more red chilli and sprinkle a few slices on top of each muffin. Sprinkle another 20g grated hard cheese or Parmesan and 2 tbsp mixed seeds over the muffins.
6. Bake for 40 minutes or until a skewer comes out clean when inserted into a muffin. Remove from the oven, wait 5 minutes and serve warm. Enjoy!